

SURVIVOR SERIES

**THE
FIRST AID
SURVIVAL TIN**

Anson Bond

**It's a life saver,
that fits in your pocket!**

VOL 3

The First Aid Survival Tin

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Chapter 1 - Introduction

Having a First Aid Survival Tin in your pocket can help you overcome a lot of unforeseen first aid scenarios. It is estimated that over 150,000 people die each year in the United Kingdom from having a lack of first aid given to them, as of the only existing study in the world that was done in 2008. 59% of people do not feel comfortable giving first aid, and 24% would just call 911. Taking action by having first aid knowledge and equipment with you, means you are not within those statistics and are prepared to save your loved ones, yourself and others if a scenario arises.

The tin is so small, so light weight, the purpose is to always have it with you and never have an excuse not to have it with you. It is the size of an Altoids tin. Anything larger and you may not carry it. Of course you need the correct items that can fit inside the tin to increase your capabilities. I recommend you give some serious consideration to making a First Aid Survival Tin and always having it with you as good habit. With everything compacted into a small tin, you only have to grab that one "extra thing" when running out the door (the tin) and have confidence you can give first aid if needed. So let's get to it!

Chapter 2 - Items Inside

1. First Aid Instructions. Print out first aid instructions from the website Redcross.org by typing “Adult Ready Reference” in their search box and it will be the first search result that populates. When you click the print button to print out the pdf, click on “multiple” under page sizing and handling to force it to print out on 3 pages instead of 12 or bring the pdf on a usb stick to Staples or an office depot and get them to print it this way and use a duplexer to print both sides of the page and you will have it on 2 pages. Also download the Red Cross First Aid app to your mobile phone or tablet that you carry around.

2. Swiss Army Knife Classic SD. An incredibly compact knife measuring 2 ¼” long. The main feature it has for first aid is the scissors giving you the ability to cut clothes, bandages, dressing, and gauze. It comes with a single bevelled edge knife, tweezers for splinters, and a nail file.

3. Mini CPR Keychain (Mask). From the RedcrossStore.org you can order the Mini CPR Keychain, take the breathing barrier out of the pouch to store in the tin. This serves as protection from the patient's potentially infectious bodily substances, such as vomit or blood.

4. Flat or Small Whistle. Attract attention when there is no mobile phone reception or car horn around. Flat or small so it fits in the tin. A whistle can blow louder than your voice for longer periods of time, and will not run out like your voice will. Three long blows good and hard is a well known international sign of distress.

5. Medicine. Two Ibuprofen (dual purpose) for reducing pain and inflammation in the sinus cavity, two Tylenol tablets for headaches, fever reduction and pain relief, two Pepto-Bismol tablets for indigestion, upset stomach and diarrhea (their television commercial explains it all!).

6. One Pair of Nitrile Gloves. Protection against blood born diseases such as HIV and hepatitis between the rescuer and the patient. Nitrile gloves for first aid is the obvious choice, due to some people having allergies to latex material. Polyurethane gloves are far too big for the tin, and vinyl gloves do not offer appropriate protection.

7. Two Tough-Strips Band-Aids. Why have 4-10 band-aids taking up space in a kit solely to replace a band-aid that fell off? The “Tough-Strips” from Johnson & Johnson brag they are like duct tape. They will last through showers and about 3 days. They give you more than enough time to make it home to continue the recovery process.

8. Two Feet of Duct Tape. Used as medical tape around clothing and or as an emergency sling.

9. Two 2”x2” Gauze Pads. No medical tape or gauze due to how much room it would take in the tin. The items that can fit in this tin makes it capable of the 5 basic first aid situations. You can always use pieces of clothing or a bandana to wrap around the wound with direct pressure or duct tape.

10. Three Safety Pins. These can be used to secure bandages, clothing, or when immobilisation is required. They are also used to secure an improvised arm sling.

11. Super Glue. Used in the Vietnam war for wound closures, hospitals now use an FDA-approved version of super glue.

12. One 2 and 3/8" Stainless Steel Needle. You can stitch up a wound, open up skin to use tweezers, lance boils and to repair clothing.

13. Nylon Thread or Surgical Suture for Stitches. Nylon thread holds knots together better than other suture material and it can retain its strength for years. It also has ability to withstand contamination far better than any other suture material and is particularly pliable when moist.

14. One Razor Blade. Used as a surgical blade if needed.

15. Three Strike Anywhere Matches. Use the matches to sterilize a needle or razor blade. Wrap them in foil.

16. Two Q-Tips. Useful to clean minor wounds, applying antiseptics or topical ointments before bandaging.

17. One Alcohol Cleaning Pad. Use it to sanitize equipment or intact skin. It is meant to clean around a wound, not inside the wound. Cleaning inside a wound with alcohol can kill cells which bacteria can then feed off of.

18. One Antiseptic Pad. You can disinfect wounds, or clean your hands and equipment such as tweezers, scissors or a needle. Its sole purpose is to prevent illness and infection.

19. One Triple-Antibiotic Ointment Pad. Finally use the antibiotic ointment to cover open wounds prior to dressing the wound with gauze pads. It also helps to keep the gauze pads from sticking to the wound.

20. One Burn Gel Pad. To cool a burn under running water, it takes about 15-20 minutes under running water using in total about 25 gallons of water. One burn gel pad provides the same cooling effect for the same amount of time so you can spend that time to get to a hospital.

21. One Dr. Scholl's Blister Treatment Pad. It makes a foot blister bearable to walk with, so you can get home. It also starts the recovery process immediately.

22. Red or Green Electrical Tape. Used to wrap around the outside area where the lid meets the tin to waterproof the tin. It can also be used for many different purposes such as joining things together or signalling for help. The color red symbolises the Red Cross and the color green is the international color for first aid with a white cross inside it. You may have more than one survival tin, so you may want them color coded.

Chapter 3 - Tips on Being Safe

A First Aid Survival Tin does NOT guarantee your survival. It is designed to always be with you no matter how many other first aid items you decide to carry elsewhere. Knowledge on first aid is a large subject within itself that this eBook can not cover.

Here are some tips:

- **Knowing your ABC's.** Airway, Breathing and Circulation. These three issues are critical to the patient's survival. They form the foundation for first aid rescuers and also for advanced medical training programs. It is an easy acronym to remember in the heat of the moment if you checked your ABC's.
- **Biggest Killers.** Heart attacks and shock are the biggest killers. Learn how to recognize the signs and symptoms of heart attacks and shock and make sure you learn CPR and how to elevate the legs of a person going into shock.
- **Don't Leave Home Without It.** In keeping with the theme of always having The First Aid Survival Tin on you. There maybe be times when you don't have it in your pocket. Most of the items purchased come with more quantity than a tin requires, so storing a few First Aid Survival Tin's in different places can always help the odds be in your favor (and the patients favor). Consider having one in your car, your day pack, and in different jackets.
- **Check Every Six Months.** Check the items in your tin every six months and replace any expired items and medication. Barrier devices, gloves and bandages do not expire.
- **Taking a Basic First Aid Course.** This is by far the most important tip saved for last. The world has not agreed on a unified first aid training program. There are different organizations with different levels of courses. One is not better than the other, many companies and organizations require different first aid certifications. Do not be overwhelmed, because by far the most important course is the most basic. More lives are saved by knowing how to make sure an airway is unobstructed, breathing is adequate, and blood circulation exists. Taking care of these conditions is what first aid is designed to deal with until the ambulance arrives. Take a basic first aid course in your area. Do not just read a book on it. The best way to learn anything is by doing it, go with your spouse or the course will have a partner for you. Being prepared to save your loved ones and others is always a good thing. Take your spouse and loved ones with you through the course if possible, so not only can you save them, but they can save you!

Thank you for purchasing The First Aid Survival Tin eBook. I hope you have received value from this eBook and carry your First Aid Survival Tin wherever you go.

God Bless and Godspeed!

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